



Medical Reserve NEWS

Winter 2012

I have truly seen the power of a hot cup of coffee.

— Zoe Albright, following her deployment to New Jersey as an American Red Cross volunteer to support Hurricane Sandy efforts.

2012: Year in Review

By Paula Martel, MRC Coordinator

As 2012 comes to an end, I think back on another great year for our MRC unit and its volunteers and staff. We've been recognized as a viable resource to our community and beyond for 10 years now. Can you believe it? We met all five of our program objectives in 2012 and almost half of those on our roster volunteered for an event. Ninety-four of you supported 46 events for a total of 1,167 hours. In the volunteer world, these numbers are impressive. Thank you!

Something I noticed this year is the relationships our volunteers have begun to form with one another; something that is proven to be very valuable during an emergency response. I've often said that a successful volunteer program is about creating relationships not just building a roster. In 2012 we've rejoiced with those who graduated and are now licensed or certified as health care professionals in Nevada and encouraged those who are continuing their education. We've smiled at the news of engagements and the births of children and grandchildren, and grieved for those who have lost loved ones and experienced other heartbreaks. We've embraced veterans at Veterans Village with donations and our time and look forward to strengthening that relationship in 2013.

I look forward to the year ahead and to providing opportunities for Medical Reserve Corps of Southern Nevada volunteers to make a difference in our community. Happy New Year!

Quarterly Meetings in 2013:

- Jan. 8
- April 9
- July 9
- Oct. 4



Upcoming Volunteer Opportunities in 2013

- American Lung Stair Climb, March 2
- Rockin Rabbit Half Marathon/5K, April 7
- Summerlin Half Marathon, April 13
- MS Walk, April 20
- Hellsdorado Parade, May 18
- Rose Regatta, Oct. 5

MRC in Action!

Rose Regatta | Oct. 13



Bonnie Daulton, RN

Las Vegas Balloon Festival | Nov. 2-4



Jacque Cram, RN

3 Wallball World Championships | Sept. 20-23



Murlin Hampton, LPN



Dr. Handelman (serving)

Fall Fest Mixer | Oct. 19



Whirlwind Tour with MRC National Director | Oct. 20

Capt. Rob Tosatto, MRC national director, enjoyed a whirlwind tour of local MRC activities including work days at Veteran's Village, Willow Glen Mobile Home Park and Variety Early Learning Center, as well as pet preparedness activities at the Family Fur & Fun Festival.



Roger Smith



Dr. Plesec & Jan Maran, APN



Fit Enough to Serve

by Zoe Albright

I recently volunteered for a three-week deployment with the Red Cross. Hurricane Sandy landed on the East Coast on Oct. 29, and I landed on the East Coast on Nov. 1. From the time I accepted the deployment until the time I left Las Vegas, I had 48 hours to get my life in order! As a personal trainer, group fitness instructor, wife and mother, I needed to make sure the next three weeks ran as smoothly as possible for my clients, students and family. As a disaster responder, I needed to make sure I was packed and prepared for all of the unknowns: weather, sleeping accommodations and working conditions.

As volunteer disaster responders, we agree to put our normal life on hold to help a community endure unusual conditions. Our service may be required for a day, a week, or even several weeks. Preparation for deployment requires advanced planning, and not just in terms of what to pack, or accounting for your normal job and your family. A disaster responder needs to be prepared by maintaining a certain level of health and wellness so that he/she is an asset to the operation and not a liability. While on the East Coast, our work conditions varied. I saw firsthand the importance of responders being fit enough to endure the physical, mental and emotional stress of disaster conditions.



For several days I worked out of an office with no electricity, which meant no elevators. Our offices were split between the first and third floors. Are we, as disaster responders, fit enough to climb one or more flights of stairs? Can we do it all day long? Are we fit enough to work indoors or outdoors, in any weather conditions, standing for many hours at a time? Can we lift and carry moderately heavy loads? Can we get on and off of a low cot? (You could end up sleeping in a Red Cross shelter with 70 other

volunteers - bring earplugs!) Can we get up and down off of the floor? (You could end up sleeping on a cold stone floor, in a church with no electricity!)

I encourage all of us to evaluate our current level of fitness to determine if we are truly fit enough to serve.

New Volunteers

Please welcome our newest members:

- Jo Alexander, RN
- Tyler Fields, DVM
- Nancy Gerken, RN
- Robert Haden, LPN
- Joanne Heins, CRNA
- Remedios Labrador, APN
- Kara Yamada, Pharmacist



Be a Part of the MRC Team

For local information, contact
Paula J. Martel, Program Coordinator
Medical Reserve Corps
Southern Nevada Health District
P.O. Box 3902, Las Vegas, NV 89127
(702) 759-0877, Fax (702) 759-1445
martel@snhdmil.org
www.SouthernNevadaHealthDistrict.org
http://servnv.org
For national program information, go to
www.MedicalReserveCorps.gov



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